



Teacher Guide – Youth Module 5

Managing Big Emotions and Behavioral Activation

Overview for Teachers: In this module, students will learn about big emotions and how to manage them. They'll learn how to recognize when they are experiencing an intense feeling and all the different components of that emotion. Students will practice considering consequences and differentiating between their action urge (what their body is telling them to do) and the action they can choose to do instead. Students will also learn about coping skills to get through a big emotion.

This module also includes a video on behavioral activation, which is the practice of incorporating positive activities into your daily schedule to create a mood boost and decrease the intensity and frequency of negative emotions.

Introduction for Students: *Today's lesson is about managing big emotions. You'll learn how to recognize and understand all the different parts of a big feeling, so that you can better manage these emotions when they arise. You'll also learn coping skills to help you deal with big feelings. Please watch these videos and complete the following worksheets.*

Introduction for Students (Behavioral Activation): *Scheduling fun activities into your day is a great way to boost your mood. Please watch the following video and check-off on your worksheet the activities you plan to do starting today.*

Videos and Worksheets

Videos	Worksheets
Behavioral Activation	<ul style="list-style-type: none"> Behavioral Activation Activity List Behavioral Activation Schedule
Managing Big Emotions Part 1: Introductions and Cycle of Emotions	<ul style="list-style-type: none"> Cycle of an Emotion Handout Guess the Outcome Worksheet
Managing Big Emotions Part 2: Coping Skills	<ul style="list-style-type: none"> Managing Intense Emotions Worksheet What's in Your Self-Soothe Kit Worksheet

The Child Mind Institute is an independent, national nonprofit dedicated to transforming the lives of children and families struggling with mental health and learning disorders. Our teams work every day to deliver the highest standards of care, advance the science of the developing brain, and empower parents, professionals and policymakers to support children when and where they need it most. Together with our supporters, we're helping children reach their full potential in school and in life. We do not accept any funding from the pharmaceutical industry. Learn more at childmind.org.